



Overcoming Health Anxiety: A self-help guide using Cognitive Behavioral Techniques (Easyread Large)

Rob Willson and David Veale

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Many of us have a tendency to worry unnecessarily about our health. For some the anxiety becomes chronic, and they may spend many hours checking for symptoms, seeking reassurance from others, surfing the internet for information about different diseases, or repeatedly visiting the doctor. It is distressing for them and for everyone around them. In fact, health anxiety can be very successfully treated with cognitive behavioral therapy - the approach taken in this self - help guide. Using a structured, step - by - step approach the authors explain how the problem develops, how to recognize what feeds it and how to develop effective methods of dealing with it.

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